

# **METHOD AND COMPOSITION RELATED TO LOW GLYCEMIC INDEX FOODS**

## **Abstract of Disclosure**

The present invention relates to a method for using Prowashonupana barley to produce a food product comprised primarily of the Prowashonupana barley. The resultant food product is desired because, when consumed, it does not contribute to significantly elevated glycemic indices in a host, as indicated by the rapidly available glucose (RAG) assay.

## Figures